



Name _____

Date _____

Please review the below categories and mark those symptoms you are currently experiencing.

Blood Deficiency

Pale tongue / thready pulse

- Pale complexion
- pale lips
- dizziness
- poor memory
- dry eyes
- blurring of vision
- poor night vision
- palpitations
- insomnia
- numbness of hands and feet
- absent or scanty menstruation

Blood Stasis

Purple tongue / wiry, choppy or knotted pulse

- fixed, boring or stabbing pain
- mass tumors which do not move
- hemorrhage with dark blood and clots
- purple lips and nails
- purple blotches or bruises on skin

Dampness

- heaviness in the limbs
- headache as if the head were tightly bound
- fullness in chest
- joint pains and swelling
- diarrhea
- abdominal fullness
- sallow face
- edema of the lower limbs
- turbid discharges

Damp Heat

Red tongue with a sticky, yellow coating/ rapid and slippery pulse

- loss of appetite
- nausea
- vomiting
- bitter taste and stickiness in the mouth
- heaviness of the body and limbs
- fullness of the chest
- lassitude
- jaundice
- loose stools or diarrhea with blood or mucus
- offensive odor of stools
- burning in anus
- abdominal pain and disension
- eczema
- swelling and burning pain in the testes
- yellow foul smelling leukorrhea
- scanty yellow urine
- frequency and or/urgency of urination
- burning pain in urethra
- dribbling urination
- turbid
- deep yellow urine

Deficiency

Pale tongue / weak and thready pulse

- emaciation
- listlessness
- lassitude
- shortness of breath
- pallor
- insomnia
- poor memory
- spontaneous and night sweating
- nocturnal enuresis
- pain alleviated by pressure



Deficiency Heat or Fire

Red tongue with little coating/ rapid, thready and/ or empty pulse

- afternoon or low grade fever
- malar flush
- dry mouth
- insomnia with mental restlessness
- anxiety
- feverish sensations in the palms and soles
- night sweats
- constipation
- concentrated urine

Essence

- stunted growth
- poor bone development or bone deterioration
- infertility
- habitual miscarriage
- loose teeth
- hair falling out or prematurely graying
- poor sexual function
- impotence
- weakness of knees
- ringing in the ears
- poor memory
- poor concentration
- dizziness
- lowered body resistance
- chronic allergies

Fire

- high fever
- restlessness
- insomnia
- mania
- delirium
- thirst
- sweating
- mouth and tongue ulcers
- swollen and painful gums
- headache
- congestion of the eyes

Food Stagnation

thick sticky coated tongue

- stomach pain and dissension
- loss of appetite
- foul belching
- acid regurgitation
- vomiting

Heart Blood Deficiency

Pale and thin tongue / Fine/weak pulse

- palpitations
- giddiness
- pallor
- insomnia
- forgetfulness

Heart Qi Deficiency

Pale and thin tongue / Fine, weak or irregular pulse

- palpitations
- shortness of breath on exertion
- spontaneous sweating

Heart Yin Deficiency

Dry and red tongue / Fine, rapid pulse

- mental irritability
- palpitations
- insomnia
- low fever
- night sweats
- flushed cheeks
- thirst
- lack of sweat

Heat in the Blood

Red tongue / Rapid pulse

- restlessness or mania
- feeling of heat
- skin diseases with red eruptions
- ecchymosis
- mouth ulcers
- itching excessive menstrual bleeding
- hemorrhage
- dry mouth



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Kidney Yang Deficiency

Pale with white coating tongue / Deep, weak pulse

- pallor
- lassitude
- aversion to cold
- cold limbs
- soreness and weakness of the lumbar region and knee joints
- nocturnal urination
- impotence
- infertility
- dizziness
- ringing in the ears

Kidney Yin Deficiency

Red with little coating tongue / thready, rapid pulse

- low back pain
- weak knees
- lassitude
- general weakness
- vertigo
- ringing in the ears
- thirst
- flushed cheeks
- insomnia
- mental irritability
- afternoon fever
- night sweats
- hot flashes
- nocturnal emissions
- yellow urine
- constipation
- constant thirst
- excessive sweating
- Pellets
- Dry BM's
- wake at night to pee
- hurts to pee
- can't pee
- dark pee - heat

Liver Blood Deficiency

Pale tongue / thready, choppy pulse

- sallow face
- blurring of vision
- dry eyes
- spasms of muscles and tendons
- dizziness
- mental irritability
- insomnia
- absent or scanty menstruation
- prolonged menstrual cycle

Liver Fire

Scarlet red tongue on tip and sides with yellow coating / wiry and rapid pulse

- dizziness
- headache
- flushed face
- red eyes
- bitter taste in the mouth
- mental irritability
- anger outbursts
- mania
- nosebleed
- blood in urine
- coughing blood
- insatiable appetite (get sick after eating)



Liver Qi Stagnation

wiry pulse

- Irritability
- tendency to anger
- dizziness
- abdominal and hypochondriac pain and dissension
- fullness in chest
- excessive sighing
- breast distension
- belching
- loss of appetite
- nausea
- sensation of a foreign body in throat
- menstrual disorders
- variable appetite
- smelly sweat
- pellets
- long and skinny BMs
- loose then constipated BM's
- constipation
- hands Numb
- hands Swelling
- nausea
- eczema, psoriasis, dermatitis - liver
- dry/crusty - liver

Liver Yang Rising

red tongue / tight and rapid pulse

- headache with distending sensation in the head
- dizziness and vertigo
- ringing in the ears
- flushed face
- red eyes
- irritability
- insomnia with dream disturbed sleep
- palpitations
- poor memory

Liver Yin Deficiency

Red tongue with little coating, thready and taut pulse

- dizziness
- headache
- ringing in the ears
- blurred vision
- dry eyes
- insomnia
- night sweats
- feverishness in palms and soles
- thirst
- dry throat

Lung Heat

- cough with thick or yellow phlegm
- pain in the chest
- shortness of breath

Lung Qi Deficiency

- chronic weakness in the lungs
- weak cough
- weak voice
- low immune system

Phlegm

- cough with profuse sputum
- wheezing
- fullness in the chest
- palpitations
- coma
- manic depressive disorders
- lymph node swelling
- nodules under the skin
- dizziness
- blurred vision
- sensation of a foreign body in the throat
- edema
- general body aching and heaviness
- nausea
- vomiting of sticky fluid
- borborygmus
- stomach and abdominal discomfort



Phlegm Heat

Red tongue with yellow coating, rapid and slippery pulse

- yellow-sticky phlegm
- barking cough with profuse yellow or green sputum
- fullness in chest
- wheezing
- dry mouth and lips
- restlessness

Qi Deficiency

Pale tongue, empty pulse

- general weakness
- lethargy
- shortness of breath
- weak voice
- spontaneous sweating
- loss of appetite
- abdominal distension
- loose stools
- frequent urination
- palpitations
- skin slow to heal
- always cold / hates the cold

Spleen Dampness

Sticky tongue coating, slippery pulse

- lack of appetite
- sticky taste in the mouth or loss of sense of taste
- nausea
- fullness in the chest and abdomen
- feeling of heaviness
- loose stools
- headache as if head were bound

Spleen Qi Deficiency

Pale tongue with thin, white coating, empty weak or thready pulse

- sallow complexion
- emaciation
- tiredness
- dislike of speaking
- reduced appetite
- abdominal distension
- loose stools
- prolapse
- no thirst - dampness
- no appetite
- variable appetite
- constipation
- loose stools
- day break diarrhea
- food in BM's
- mucous in stools
- blood in stools

Spleen Yang Deficiency

Pale tongue with white coating, deep and slow pulse

- abdominal distention which is worse after eating
- dull abdominal pain which improves with warmth and pressure
- loose stools
- pallor
- cold limbs
- poor appetite

Stomach Phlegm

Sticky tongue coating, slippery pulse

- nausea
- vomiting of sticky fluid
- stomach and abdominal fullness and discomfort
- borborygmus



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Stomach Qi Deficiency

Pale tongue, weak and empty pulse

- uncomfortable feeling in the stomach
- no appetite
- lack of taste sensation
- loose stools
- tiredness (especially in the morning)
- weak limbs

Stomach Yin Deficiency

no coating on tongue, weak and empty pulse

- chronic digestive disturbance in the epigastrium
- dry mouth
- dry throat

Wind Cold

normal tongue, thin, white coating and tight, superficial pulse

- aversion to cold
- shivering
- sneezing
- cough
- runny nose with watery or white discharge
- slight fever or no fever
- neck pain and stiffness

Wind Heat

Red tip of the tongue or sides, with a thin, white or yellowish coating, floating and rapid pulse

- fever
- yellow mucous
- sore throat
- swollen tonsils
- thirst
- sweating

Wind Damp

floating and slippery pulse

- Itchy skin
- rashes
- hives
- fever
- aversion to cold
- sweating
- neck pain and stiffness
- body aches and heaviness
- swollen joints